

CLAIMS

1. In a method for optical information recording by patternwise irradiating a thin film of a polymeric compound having a chemical structure of azobenzene with a first light beam falling in a first irradiation spot on the polymeric thin film to effect a morphological change of the polymeric thin film, the improvement which comprises simultaneously irradiating the polymeric thin film patternwise with a second light beam of substantially the same wavelength as the first light beam falling in a second irradiation spot, the diameter of the second irradiation spot being larger than the diameter of the first irradiation spot and the second irradiation spot enveloping the first irradiation spot.

2. The improvement as claimed in claim 1 in which the irradiance by the second light beam is in the range from 1% to 1000% of the irradiance by the first light beam.